

Beetroot – Berry – Moss



Ingredients for 4 people

Beetroot sorbet:

500g beetroot
200g currants
200g sugar
200g water
50g glucose

Candied moss:

40g tree moss
200g sugar
400g water
50g glucose

Extras:

50g raspberries
50g blackberries
50g blueberries
1 beetroot, uncooked
2 lemons
1 bunch of balm
1 leaf of gelatin

Preparation

For the sorbet:

1. Boil the water together with the sugar and let it cool down (to create a sugar syrup).
2. Peel the beetroot and juice it together with the currants.
3. Put the beetroot-currant juice in a bowl and stir in the glucose syrup well so that it dissolves completely. Add a little of the caster sugar and when the desired sweetness is reached, freeze in the ice-cream maker. Be careful not to use all of the sugar syrup, as the sugar content of the beetroot varies greatly depending on the season.
4. Place in the freezer.

For the candied moss:

1. Briefly blanch the tree moss in slightly sugared water and repeat this process with fresh water. This way we lose most of the bitter substances.
2. Next, bring to the boil 200g sugar with 400g water and the glucose. Let the moss soak in it for 2-3 minutes, strain and dry in the oven at 80°C for 3-4 hours and set aside.
3. Keep the second round of blanching water for processing into the moss jelly.
4. Bring the second-round blanching water from the moss to the boil again.
5. Add lemon juice, lemon peel and lemon balm and let it brew like a tea for about 30 minutes, strain and sweeten it with sugar syrup until the desired sugar content is reached.
6. Then dissolve in 400g of this brew with two leaves of gelatin, and freeze.

For the beetroot chips:

1. Peel the beetroot and cut it into fine slices with the slicing machine, brush it with lukewarm sugar and let it dry in the oven at 80°C.

To serve:

Put some of the jelly in a deep plate, cut the berries in half and place on top, place the ice cream on top, garnish with the moss and serve.